



DEPARTMENT OF THE INTERIOR

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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SHRIMP AND EGGS--A DELICIOUS COMBINATION

Shrimp in all forms--fresh, frozen, or canned, will be in abundant supply during March, everywhere in the country. So take your choice of the various market forms available and treat your family to a shrimp feast. Versatile shrimp can be used in a variety of dishes--an especially welcome thought during this Lenten season.

When thinking of a menu for a late breakfast, brunch, or midnight supper, eggs are often the first thing to come to mind. Since March is National Egg Month and shrimp is in good supply, what more logical and happy combination than shrimp and eggs. An ideal treat for brunch "Peppered Shrimp and Eggs", a creamy shrimp and egg mixture with just the right seasonings. Or, serve it as an equally enticing dish for an after-the-theater party or midnight supper.

Picture your family or guests enjoying this easy-to-prepare nutritious, delicious dish along with fresh hot breads or crisp buttered toast. Top it off with your favorite beverage. Rave notices on this meal, you bet!

The Home Economists of the Bureau of Commercial Fisheries, U. S. Department of the Interior, suggest this kitchen-tested recipe for "Peppered Shrimp and Eggs," sure to be a hit with your family.

PEPPERED SHRIMP AND EGGS

$\frac{1}{2}$ pound cooked, peeled, deveined shrimp, fresh or frozen	$\frac{1}{2}$ teaspoon salt
3 slices bacon	$\frac{1}{4}$ teaspoon cayenne pepper
$\frac{1}{2}$ cup chopped onion	6 eggs, beaten
$\frac{3}{4}$ cup chopped green pepper	$\frac{1}{4}$ cup coffee cream
	$\frac{1}{2}$ teaspoon Worcestershire sauce

Thaw shrimp. Fry bacon until crisp; drain on absorbent paper. Crumble bacon. Cook onion and green pepper in bacon fat until tender. Add seasonings and shrimp; heat. Combine eggs, cream, Worcestershire sauce, and bacon. Add to shrimp mixture and cook until eggs are firm, stirring occasionally. Serves 6.

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